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Why Self Care Matters for ADHD Women

Summary of Self-Care Benefits

Avoid Burnout

Protects against the chronic stress that leads to burnout, a state hard to recover from.

Emotional Regulation

Reduces the likelihood of emotional dysregulation and Rejection Sensitivity Dysphoria (RSD).

Improved Resilience

Acts as a buffer against life stress, helping you bounce back more quickly.

Better Relationships

Enables you to be a more present and regulated partner, friend, or family member.

Strengthens Identity

Supports embracing and celebrating your neurodivergent self.

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Quick Checklist of Early Signs of Burnout

Physical Signs

- Persistent exhaustion, even after rest.
- Frequent headaches or gut issues.
- Increased susceptibility to illness.

Emotional Signs

- Feeling overwhelmed, detached, or isolated.
- Persistent irritability or mood swings.
- Difficulty managing emotional reactions (e.g., crying easily).

Cognitive /Executive Function Signs

- Forgetting routine tasks or losing track of time.
- Struggling to plan, organize, or follow through on simple tasks.
- Difficulty concentrating or making decisions.

Behavioral Signs

- Avoidance of responsibilities or withdrawal from social connections.
- Neglecting personal hygiene or basic self-care.
- Hyperfixation or procrastination on non-essential tasks.

Sensory Signs

- Heightened sensitivity to light, sound, or touch.
- Feeling overstimulated in environments that were previously manageable.